Full Name of Infant	Date of Birth	Age (in months)
Check the appropriate box: ☐ Breast Milk	□ Formula (brand)	

MEAL PATTERN CHART FOR INFANTS (All formula & dry infant cereal must be iron fortified)

AGE RANGE BREAKFAST LUNCH OR SUPPER SNACK

Birth – 3 months	4 - 6 fluid oz breast milk or formula		4 - 6 fluid oz breast milk or formula		4 - 6 fluid oz breast milk or formula	
4 - 7 months	and 2). 0 - 3 Tbsp dry infant cereal	2	1). 4 - 8 fluid oz breast milk or formula and 2). 0 - 3 Tbsp dry infant cereal and 3). 0 - 3 Tbsp of fruit or vegetable or both	4 - 6 flu	uid oz breast milk or formula	
Must serve ALL 3 components:		N	Must serve ALL 3 components: 1). 6 - 8 fluid oz breast milk or formula and 2.). 2 - 4 Tbsp dry infant cereal and/or 1 - 4 Tbsp meat, fish, poultry, egg yolk, cooked dry beans or peas; or 1/2 - 2 oz (weight) cheese; or 1 - 4 oz (volume) cottage cheese; or 1 - 4 oz (weight) cheese food or cheese spread and		Must serve component 1: 1.) 2 - 4 fluid oz breast milk or formula or 100% fruit juice and 2). 0 - 1/2 slice bread* or 0 - 2 crackers* (*must be made from whole-grain or	
8 - 11 months	 1). 6 - 8 fluid oz breast milk or formula and 2). 2 - 4 Tbsp dry infant cereal and 3). 1 - 4 Tbsp of fruit or vegetable or both 					
		3). 1 - 4 Tbsp of fruit or vegetable or both	enric	hed meal or flour)	
	RECORD TIME FED, FO	OD IT	EM(S), AND AMOUNT SERVED FOR EAC	CH ME	AL	
DAYS SERVED	BREAKFAST		LUNCH/SUPPER		SNACK	
Date						
Time(s) fed						
Date						
Time(s) fed						
Date						
Time(s) fed						
Date						
Time(s) fed						
Date						
Time(s) fed						